

Amendments to the Claims:

Please amend the heading beginning on page 13 as shown below:

CLAIMS**WHAT IS CLAIMED IS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Original) A fall arrest system comprising an upper anchor point and a lower anchor point and a vertical cable mounted between the anchor points, and further comprising a first energy absorbing means associated with the upper anchor point.
2. (Original) A fall arrest system according to claim 1, in which the first energy absorbing means is adapted to control the load applied to the upper anchor point.
3. (Original) A fall arrest system according to claim 1, and further comprising a fall arrest device mounted on the vertical cable and a second energy absorbing means associated with the fall arrest device, in which the second energy absorbing means is adapted to control the load experienced by a user and the first energy absorber is adapted to control the load applied to the upper anchor point.
4. (Currently Amended) A fall arrest system according to ~~any one of claims 1 to claim 3~~ claim 1, in which the lower anchor point is arranged to provide an additional extension of the system.
5. (Original) A fall arrest system according to claim 4, in which the lower anchor point includes a slip element.

6. (Original) A fall arrest system according to claim 4, in which the lower anchor point is deformable.

7. (Currently Amended) A fall arrest system according to ~~any preceding~~ claim 1, in which the upper and lower anchor points are at the upper and lower ends of the cable.

8. (Currently Amended) A fall arrest system according to claim 1 ~~or claim~~ 2 and further comprising a fall arrest device arranged for movement along the cable.

9. (Original) A fall arrest system according to claim 8, in which the fall arrest device comprises an energy absorbing means.

10. (Currently Amended) A fall arrest system according to ~~any preceding~~ claim 1 and further comprising one or more cable guides.

11. (Currently Amended) A fall arrest system according to ~~any one of claims 4 to 6~~ claim 4, in which the additional extension of the system is provided by a third energy absorbing means associated with the lower anchor point.

12. (Currently Amended) A fall arrest system according to ~~any preceding~~ claim 1, in which at least one of the energy absorbers is resilient.

13. (Original) A fall arrest system according to claim 12, in which said resilient energy absorber is a spring.

14. (Currently Amended) A fall arrest system according to ~~any preceding~~ claim 1, in which at least one of the energy absorbers includes a plastically deformable element.